




July	 Queens Park 6am evolutiontowellbeing.com Stephani Ceo 0411 640 543 steph@etwgroup.com	Queens Park Park is on Darley Road. We meet at the South East corner of the park. The nearest street to our meeting point is Bella Street. Parking is easy to find on Darley Road.	Coogee Beach Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot	Centennial Park Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive		2013

WEEK 1	Monday @ 6am 29 July 2013	Tuesday @ 6am 30 July 2013	Wednesday @ 6am 31 July 2013	Thursday @ 6am 1 August 2013	Friday @ 6am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Boxing	Yoga & Tough Enough?	Pumping Iron & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Pumping Iron & Moving Circuit	No Pain No Gain	
	Queens Park	St Lukes Church, Clovelly	Queens Park	Coogee Beach	Queens Park	Queens Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	




WEEK 2	Monday @ 6am 5 August 2013	Tuesday @ 6am 6 August 2013	Wednesday @ 6am 7 August 2013	Thursday @ 6am 8 August 2013	Friday @ 6am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Boxing	Yoga & Tough Enough?	Bosu Body Conditioning & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Body Blast	No Pain No Gain	
	Queens Park	St Lukes Church, Clovelly	Queens Park	Coogee Beach	Queens Park	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 6am 12 August 2013	Tuesday @ 6am 13 August 2013	Wednesday @ 6am 14 August 2013	Thursday @ 6am 15 August 2013	Friday @ 6am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Boxing	Yoga & Tough Enough?	Power Up & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Challenge Yourself	No Pain No Gain	
	Queens Park	St Lukes Church, Clovelly	Queens Park	Coogee Beach	Queens Park	Lyne Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 6am 19 August 2013	Tuesday @ 6am 20 August 2013	Wednesday @ 6am 21 August 2013	Thursday @ 6am 22 August 2013	Friday @ 6am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Boxing	Yoga & Tough Enough?	Double Grip Med Balls & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Double Grip Med Balls & Sprints	Mega Session	
	Queens Park	St Lukes Church, Clovelly	Queens Park	Coogee Beach	Queens Park	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

OTHER OPTIONS			Are you a Winter Warrior????			NEWS / EVENTS
	Thursday @ 6am	Thurs Long Runs @ 6am				
Wk 1	Yoga	Long Run	1. Make your Warrior Commitment You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowellbeing			
Wk 2	St Lukes Church, Clovelly	Rushcutters Park North	2. Get the t-shirt and wear your warrior with pride Pre-order available 3rd June			
Wk 3	Yoga	Long Run	3. Be rewarded for your valour & bring your friends <i>A Warrior laughs in the face of the weather and shall be rewarded!</i>			
Wk 4	St Lukes Church, Clovelly	Bronte Beach	4. Show us on Facebook and Instagram <i>Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing</i>			
	Yoga	Long Run				
	St Lukes Church, Clovelly	Coogee Beach				

SESSIONS	Agility Blast improve agility, balance & co-ordination	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Moving Circuit keep on moving and use the park for a cardio blast	Run for Endurance work on your endurance with a 25 mins run	
	Circuit Combo total body workout with or without equipment	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Core, Cones and Hills strengthening & core blast alternated with hills	Pilates improve posture and core strength	Skiing a great interval based cardio workout	
	Double Grip Med Balls add 2 handles and it's a whope new (med) ball game	Power Punch punch like a heavy weight to build power & endurance	Sprints short and sweet for an awesome metabolic boost	
	Kayaking feed your soul on the Harbour with a morning paddle	Power Ropes build your strength endurance & cardio capacity	Tone & Balance improve your core strength & stability	
	Kettlebells develop functional, whole body strength	Power Up use dumbbells to improve your dynamic strength	Tough Enough get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	Yoga improve flexibility core and mind body connection	

OUR PARTNERS				OUR PARTNERS
	<p>15% off 1st consult</p>	<p>Evo Special: half price initial consult (which includes treatment) just say you train with Evolution To Wellbeing</p>	<p>5% off</p> <p>Evo Special: Get 5% off in store - just say you train with Evolution To Wellbeing</p>	



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